

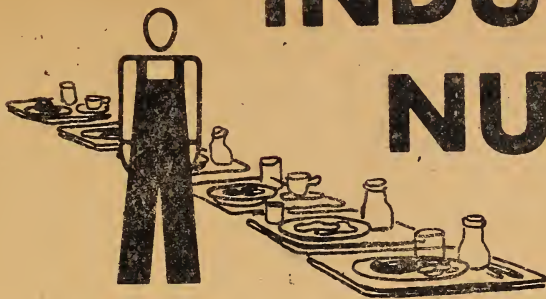
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MONTHLY

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

UNITED STATES DEPARTMENT OF AGRICULTURE
Production and Marketing Administration
150 Broadway, New York 7, N. Y.

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No. 13

To House Organ Editors

These articles may be included in your plant publication. Select those which will interest your readers.

FOOD NEWS

Plant cafeterias the country over will be featuring carrots, cabbages, white potatoes, and sweetpotatoes in November. These old-time favorites are the foods of the month. Workers in plants in the Northeast, South, and Central West will find cauliflower offered frequently in many delicious ways.

Carrots are tops

The story of the carrot's climb to the lofty position science gives it today is a typical American success story. When carrots were first introduced into this country, they were considered weeds. The Dutch were the first to cultivate them, and they introduced them into England during the reign of Queen Elizabeth. English ladies were said to use carrot tops as plumes on their favorite hats.

Carrots are high in vitamin A, and they contain other vitamins and minerals in smaller amounts. It's vitamin A that helps to maintain healthy skin and membranes and helps us resist infections. Vitamin A is also essential for good vision and a liberal supply in the diet improves night vision and prevents "night blindness." Carrots are one of our best sources of vitamin A, so no wonder the scientists sing its praise.

Choose carrots often when you find them on the cafeteria counter. Eat them cooked or raw for the vitamins and minerals they contribute to your daily diet. Use them liberally at home, too.

Tuna fish salad sandwich on enriched bun
 Cream cheese sandwich on nut bread
 Fresh pear
 Peanut butter cookies
 Milk

TAKE HOME IDEAS

Thanksgiving's coming

When selecting your Thanksgiving turkey, look for these marks of quality:

1. Clear, tender skin with few pin feathers and no bruises or discolorations.
2. Well-fleshed breast and thighs and a generally plump appearance.
3. Covering of fat under the skin on the breast, legs, thighs, and back.
4. Short body and broad breast indicate a meaty bird.

Allow about 1 pound of turkey, dressed weight, for each person to be served.

Here's a delicious Thanksgiving dinner menu which all members of the family should enjoy:

Thanksgiving Menu

Fresh fruit cocktail
 Roast turkey with dressing
 Cranberry sauce
 Mashed potatoes* - Giblet gravy
 Parsley-buttered cauliflower*
 Relish tray: Carrot*sticks, celery
 curls, green olives, watermelon
 pickles

Pumpkin pie with cheese
 Coffee

*Abundant foods

More about carrots

When carrots aren't good to eat it may be the fault of the cook, not the carrot. If you will make the most of the flavor, vitamins, and minerals in carrots, cook them this way:

1. Scrape young carrots lightly and cook them whole in a small amount of boiling salted water.
2. Cut large carrots into strips or slices and cook them in boiling salted water to bubble up through the carrots.
3. Cook carrots until they are tender but don't overcook them.
4. Serve the juice left in the cooking pan with the carrots or add it to the soup or gravy.
5. Season the cooked carrots with butter or margarine and serve them piping hot.

Serve them raw for color and crispness, as a relish or in salads. Make tasty raw salads combining carrots with cabbage; carrot, apple, and raisin; carrot, celery, and green pepper; carrot and pineapple molded in lemon jello. Remember, crisp carrot sticks in the lunch box are good with sandwiches or between meals.

HEALTH HINTS

Dr. Henry C. Sherman of Columbia University in New York City found that a liberal amount of vitamin A increases the life span of white rats. One group of rats fared well for 58 generations on a "good" diet, while another group, which was given the same diet but twice as much Vitamin A, lived much longer. Perhaps men, as well as rats, would enjoy a longer life and better health if they had a liberal amount of vitamin A in their diets.

If you drink a pint of milk a day, spread your bread with butter or fortified margarine, and eat one or more servings of leafy green and yellow vegetables every day, you will probably obtain the vitamin A you need for good health.

Editors' please note:

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INDUSTRIAL NUTRITION SERVICE
Production and Marketing Administration
U. S. Department of Agriculture
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Our workers would be interested in the following food and nutrition topics:

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